



CONTINUING EDUCATION FOR MASSAGE THERAPISTS, ATHLETIC THERAPISTS & PHYSIOTHERAPISTS

Course Name: Lumbosacral & Pelvic Soft Tissue Techniques

Course Date: February 29th, 2020

Course Time: 8:30am – 5:30pm

Instructor: Mohit Khosla, M.OMSc., (cert.)OOA

This course will demonstrate lumbosacral and pelvic soft tissue assessment, and integrated treatment approaches combining manipulative techniques applied to the lumbosacral and pelvic regions based on structural findings.

8:30-9:00	30 min	registration & introductions
9:00-9:10	10 min	intro to oscillatory technique
9:10-9:20	10 min	understanding spinal concavity vs. convexity in the context of anterior-posterior spinal curves
9:20-9:30	10 min	Fryette mechanics and principles applied to the lumbar spine: an analysis of type I, type II, and type III
9:30-9:40	10 min	summary of 'normal' axial skeletal coupled motion specific to the lumbar spine
9:40-9:50	10 min	compressive vs. tensile load acting upon the lumbar spine and its impact on the pelvis
9:50-10:00	10 min	balancing concave-convex spinal relationships
10:00-10:10	10 min	barrier concept: anatomic vs. physiologic barriers
10:10-10:20	10 min	assessing the ARTs: asymmetries, restrictions, and tissue texture changes
10:20-10:35	15 min	BREAK
10:35-10:55	20 min	therapeutic effects of oscillation on the lumbar
10:55-11:15	20 min	history of strain-counterstrain technique, treatment methodology, and indications/contraindications for treatment
11:15-11:35	20 min	muscle energy technique, mechanism of action, treatment methodology, indications/contraindications for treatment

11:35-11:55	20 min	myofascial release, treatment methodology using 'fascial creep'
11:55-12:15	20 min	morning review
12:15-1:15	60 min	LUNCH BREAK
1:15-3:45	150 min	lumbosacral & lumbopelvic sample assessment-treatment algorithm: short and long lever approaches in supine, prone, lateral recumbent
3:45-4:00	15 min	BREAK
4:00-5:00	60 min	review of entire day and opportunity for questions
5:00-5:30	30 min	closing remarks

Learning Outcomes

1. How to accurately identify barriers, restrictions, and abnormal motions in the lumbar spine
2. How to determine the significant relationships of altered movements of the lumbar spine and its impact on the sacrum and pelvis

Teaching Strategies

1. A professor centered model focusing on direct transmission of information using audiovisual aids ie. powerpoint, instructional videos, and anatomical models
2. Cognitive strategies as a means to enhance learning and to assist therapists in the interpretation and processing of instructional material
3. Reciprocal teaching and questioning techniques
 - knowledge questions requiring therapists to recall lecture material
 - comprehension questions requiring therapists to organize lecture material and rephrase
 - application questions requiring therapists to use lecture material to solve a clinical problem

REFERENCES

- Netter, F.H. (1997). *Atlas of Human Anatomy* (2nd ed.). New Jersey, NY: Novartis.
- Nicholas, A.S., & Nicholas, E.A. (2008). *Atlas of Osteopathic Techniques*. Baltimore, MD: Lippincott Williams & Wilkins.
- Savarese, R.G. (1998). *A Comprehensive Review in Osteopathic Medicine* (3rd ed.). New Jersey, NY.